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BersuaraBerdaya

BASAibu Wiki
Bali

BUILDING WOMEN'S VOICES IN THE PUBLIC SPACE

PUBLIC SPEAKING TIPS FOR WOMEN'S CONFIDENCE
AND LEADERSHIP

BASAibu Wiki—Bali Team

WOMEN AND THE PUBLIC SPACE

The public space is currently still **dominated by men** due to social constructions and **patriarchal culture** that limit **women's access and roles** in decision-making.



Furthermore, women's courage to speak in public is hindered by **cultural, social, and psychological obstacles**.

Meanwhile, the presence of women's voices is crucial for creating public policies that are inclusive, fair, and gender-responsive in accordance with constitutional rights guarantees and national regulations.

Therefore, women's speaking abilities need to be ignited and improved as a form of participation in the public space.



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BUILDING THE MINDSET OF A FEMALE SPEAKER

Speaking Ability is Not an Inborn Talent,
but a Skill that Can Be Trained

CHANGE YOUR PERSPECTIVE

"Incapable"



Eliminate Lack of Confidence, Doubt, and Fear



Normalizing Mistakes

Mistakes are part of the learning process, not something to be avoided.



Focus on Communication Goals

The main goal of speaking is to deliver a message, not to be perfect.



Repetitive Practice

The more often you practice, the more fear decreases.



Developing Resilience

The ability to bounce back from mistakes will strengthen courage.



"Learning"

Exercises to Build a Speaker's Mindset

1

Self-Reflection Exercise

Jawab pertanyaan berikut:

1. What makes me afraid of speaking in public?
2. What experiences have most influenced my self-confidence?
3. What strengths do I have in communicating?
4. What do I want to achieve through speaking skills?

2

Exercise:

Writing Personal Strengths

Write down at least 5 strengths you have:

1. Ability to explain clearly;
2. Relevant experience;
3. Ability to understand the audience;
4. Social sensitivity;
5. Critical thinking skills.

Then, create affirmations from those strengths.

- "I can say my ideas clearly and confidently."
- "I have valuable experiences to share."

3

Visualization Exercise

Imagine yourself speaking confidently. Visualize how you stand, speak, and the audience's response.

4

Daily Affirmation Exercise

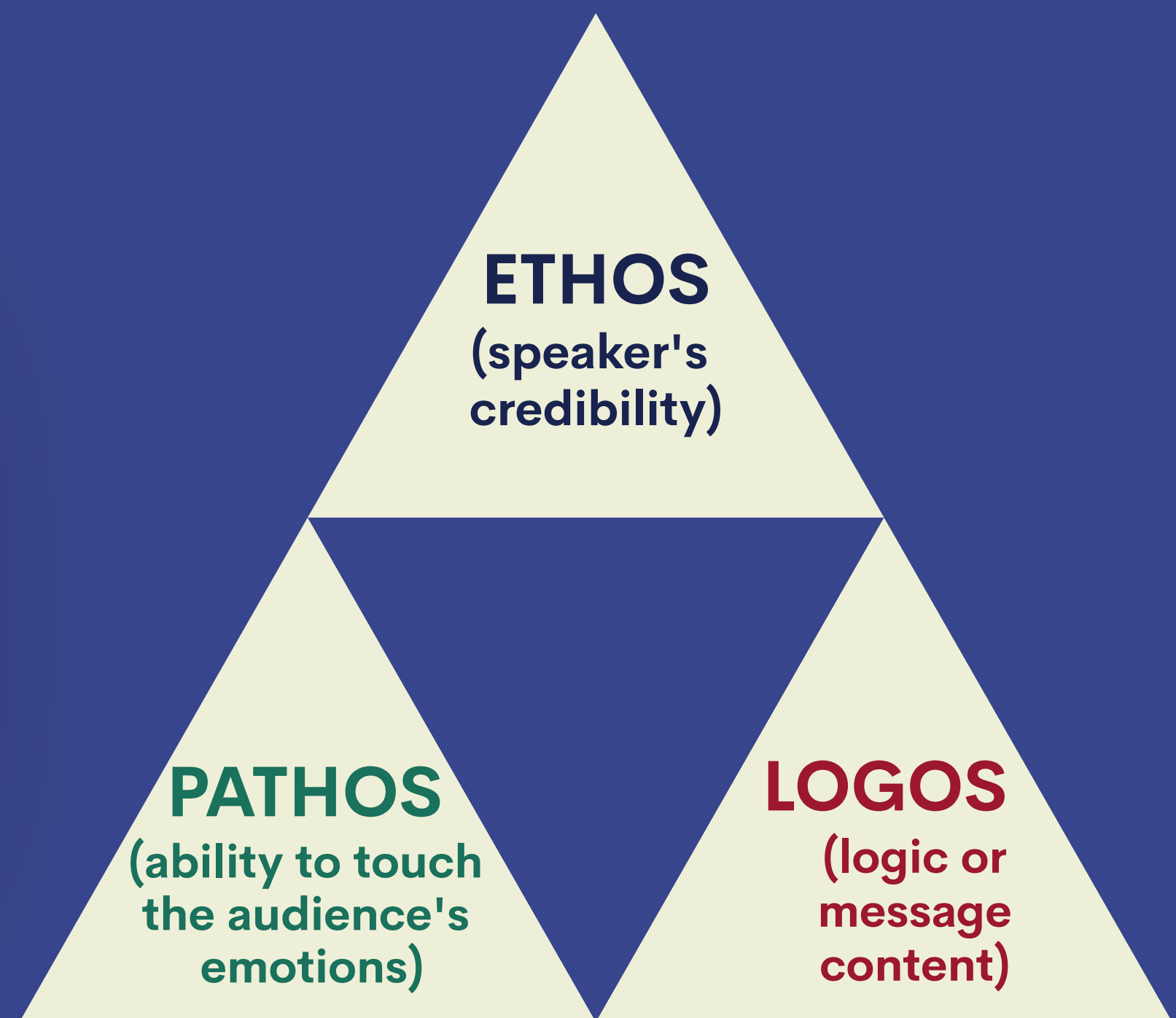
Ucapkan setiap hari:

- "I believe in my abilities";
- "I have the right to be heard";
- "I am capable of speaking clearly and firmly".

BASICS OF PUBLIC SPEAKING

Public Speaking

is the process of delivering information, ideas, or messages to a group of people in a structured and purposeful manner.



Three important elements in public speaking:

Types of Speaking in Public Spaces



Presentation: delivering information systematically to an audience.



Discussion: two-way communication involving the exchange of opinions between several parties.



Speech: formal in nature with a large audience to build trust, touch emotions, and deliver a logical message.

Principles of Effective Communication

- ✓ **Clarity:** use simple and easy-to-understand language.
- ✓ **Audience Suitability:** understand the characteristics of the audience.
- ✓ **Credibility:** master the material, be confident, and be honest.
- ✓ **Message Consistency:** do not confuse the audience.
- ✓ **Feedback:** spark a response from the audience.
- ✓ **Use of Nonverbal Language:** body language, facial expressions, and voice intonation.

Without *Public Speaking* skills, women can always find it difficult to participate actively in public forums.



TECHNIQUES AND STRATEGIES TO BECOME A CONFIDENT SPEAKER



Vocal and Articulation Techniques

- **Use intonation** to show emotion, emphasize important messages, and avoid sounding monotonous.
- **Use a moderate tempo**, provide pauses at important points, and adjust to the type of material.
- **Use a volume** appropriate for the room size, audience number, and environmental conditions.
- Avoid filler words like "mmm...", "what...", "I mean..." by pausing briefly, constructing points before speaking, not speaking too fast, and recording yourself during rehearsals.
- **Use diaphragmatic breathing techniques** for a more stable and calm voice.
- Do consistent vocal technique exercises, such as **reading aloud, recording your voice, breathing exercise, and articulating exercise.**



Composing Strong Material

- **Pay attention to speech structure**
 - **Opening:** use rhetorical questions, shocking facts, or inspirational quotes.
 - **Body:** must be structured, relevant, and easy to understand.
 - **Closing:** reinforce the main message and call the audience to action.
- **Use storytelling techniques** by focussing on figure, problem, process, and solutions.
- Combine **data** and **experiences**.
- Use **3-main-point format** so that your speech can be easily understood, not too much information, and help audience focus.

Body Language and Appearance



- **Demonstrate good body posture**, namely: standing upright, shoulders open and relaxed, head aligned straight and neither leaning nor too rigid.
- **Maintain eye contact with the audience**, specifically: observe the audience as a whole, hold eye contact for 3-5 seconds per person, avoid focusing on a single point, and engage all sides of the audience.
- **Use hand gestures**, including: open hands, movements that are natural and not excessive, and synchronized with the content of the speech.
- **Wear clean, neat, polite, and appropriate clothing to the context of the event.**

Facing Nervousness and Pressure



- ✓ **Breathing Techniques**
 - Inhale deeply through the nose for 4 seconds.
 - Hold your breath for 4 seconds.
 - Exhale slowly for 4 seconds.
 - Repeat for several minutes before speaking.
- ✓ **Positive Visualization**
 - Sit or stand quietly.
 - Imagine yourself speaking confidently in front of an audience.
 - Feel positive emotions such as pride and success.
 - Focus on feelings of calmness and self-confidence.
- ✓ **Thorough Preparation**
 - Master the material thoroughly.
 - Practice rigorously and frequently.
 - Try to speak in front of friends or before a mirror.
 - Study the audience and the context of the event.
- ✓ **Focus on the Message, Not on Yourself**
- ✓ **Practice through Simulation**

SOLUTION

Should there be an audience that is uninterested, difficult to interact with, or even critical



Face it calmly and respond positively.



Use wise humor.



Divert the audience's attention with images, stories, or questions.



Do not be afraid to admit ignorance.

WOMEN AS
COMMUNICATION LEADERS

Communication skills are the main strength for women leaders to voice their vision, break down social barriers, and inspire change. Women who speak in public spaces can create inclusive and sustainable policies.

EXAMPLES OF WOMEN LEADERS



Jacinda Ardern (Prime Minister of New Zealand)
Succeeded in moving the country through strong and empathetic communication.



Angela Merkel (Chancellor of Germany)
Succeeded in becoming a respected leader through rational, calm, and evidence-based communication.



Indira Gandhi (Former Prime Minister of India)
Succeeded in directing the country towards economic and social reform through firm and courageous leadership.

BALINESE WOMEN
FIGURES

- I Gusti Ayu Bintang Darmawati
- Ni Luh Djelantik
- Ni Made Sudiarti
- Luh Riniti Rahayu

WOMEN’S VOICE IN BALI
AND WOMEN LEADERSHIP IN BALI

Balinese Women

Guardians of the household, culture, and religion.

Issues of Balinese Women

- Violence against women.
- Education of rural and urban women.
- Reproductive health.
- The influence of patriarchal culture.

Women's Problems in Bali



Limited Economic Access



Traditional norms that limit political participation



Simulation Practices and Strategies for Building a Personal Brand

Practice Speaking Simulations



- **Role playing:** acting out specific figures or elements of society
- **Self-evaluation:** self-reflect and ask for feedback from others or self-recordings.

Self-Image as a Speaker



- **Being authentic**
Be yourself
- **Maintaining appearance**
Look neat and professional
- **Communicate clearly**
Convey messages clearly and straightforwardly

How to Maintain Message Consistency



- **Keep focus** on the main message
- Use **stories** and **data** to support the message



Utilization of Social Media

- Be active on social media platforms.
- Interact with the audience through comments.
- Share testimonials and achievements to increase self-credibility.

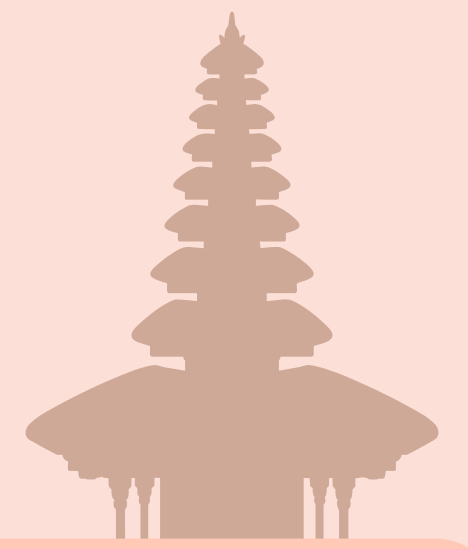
Public Speaking

is the key to women's empowerment to voice ideas, break gender stereotypes, and lead social change. By mastering effective communication techniques and building self-confidence, women are able to fight for equality and create a more inclusive future. Through consistent practice and strong personal branding, every woman has the potential to become an influential leader who is able to change policies and inspire the world.



About Wikithon Nitiwanita

Wikithon Nitiwanita is a youth real-action idea competition aimed at empowering Balinese women so that they can contribute to their surrounding environment.



The output of this activity is a book titled **"Building Women's Voices in Public Spaces: Public Speaking Tips for Confidence and Female Leadership,"** created by BASAibu Wiki-Bali in collaboration with the Wikithon winners, academics, and the Bali Sruti Foundation. The book was subsequently summarized into infographics.

February 10, 2026

Audience of BIW-B with the Mother of Literacy of Denpasar City and the Head of the Library and Archives Office of Denpasar City



February 20, 2026

Dissemination of the Kukul Wadon Program during the Work Meeting of the Mother of Literacy across Denpasar City



March 6, 2026

Policy Dialogue 2 of Wikithon Nitiwanita



April 29, 2026

Kukul Wadon Workshop in Serangan Urban Village



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